

Teacher's Handbooks

Guidelines for "Me & My Feelings"

Welcome to the "Self-Awareness and Identity – Me and My Feelings" module! This animated video introduces young learners to emotions, helping them recognize, understand, and express their feelings in a healthy way. Your role as a teacher is crucial in guiding students through these lessons, ensuring they grasp the concepts effectively.

This handbook provides an overview of the course, tips for engagement, classroom strategies, and an outline of activities to enhance learning.

Course Overview

The video follows **Akash and Anika**, young twins, as they navigate their day and experience different emotions. Through relatable situations at home, school, and play, children will learn:

- That all emotions are normal and valid.
- How to recognize and name different feelings.
- How to express emotions in a healthy way.
- That talking about feelings can help them feel better.
- Simple strategies for managing difficult emotions.

Guidelines

Before Playing the Video

1. Setting the Right Atmosphere

- Ensure a quiet, distraction-free environment where students can focus.
- Explain that the video is about feelings and why they matter in everyday life.
- Encourage an open and supportive mindset, ensuring kids feel safe sharing their emotions.
- Let students know that all feelings are okay—whether happy, sad, angry, or scared.

2. Preparing Students for the Video

- Before playing the video, ask students: What are some feelings you experience every day? How do you show when you are happy? What about when you are sad? Why do you think it's important to talk about our feelings?
- Encourage brief discussions to get them thinking about emotions before watching.

3. Encouraging Active Watching

- Tell students to observe characters' expressions and body language to understand emotions.
- Ask them to think about their own experiences while watching.
- Let them know they will discuss their thoughts after the video.

During the Video

1. Keep Students Engaged

- Pause at key moments to ask simple reflective questions, e.g., "How do you think Akash is feeling right now?" "What do you do when you feel like Anika does in this scene?"
- Encourage students to point out emotions they recognize.

2. Observe Student Reactions

- Some students may identify deeply with certain emotions—be mindful of their responses.
- Encourage a calm and reassuring environment for those who relate to sad or difficult moments.

After the Video

1. Post Video Discussion

- Encourage a class discussion with these guiding questions:
 - *What was your favorite part of the video?*
 - *Which emotion did you relate to the most?*
 - *What did Akash and Anika do when they felt sad or excited?*
 - *What do you do when you feel happy, angry, or scared?*
 - *Why is it good to talk about our feelings?*
- Talk about emotions in the video, help them to understand and manage them.

2. Reinforce Key Takeaways

- Feelings come and go, and that's okay.
- Talking about emotions helps us understand and manage them.
- We can help others when they feel sad, just like Akash and Anika did.

Activities

1. Classwork

This activity "Feeling Charades" helps young learners recognize and understand different emotions through role-playing and observation. By acting out various feelings, children will improve their ability to identify emotions in themselves and others, enhancing their emotional intelligence and social awareness.

1. Preparing for the Activity

- Create a Safe & Supportive Environment

- Explain to students that everyone experiences different feelings, and it's okay to express them.
 - Encourage a non-judgmental atmosphere where all answers are appreciated.
- Introduce the Activity
 - Tell the children they will play a game called "Feeling Charades."
 - Explain that you will act out different feelings, and they have to guess what emotion you're showing.
- Set Expectations
 - Encourage active participation and respectful listening.
 - Assure them that there are no wrong answers—everyone's interpretation matters!

2. Conducting the Activity

- Demonstrate the Game
 - Start with one emotion at a time.
 - Use exaggerated facial expressions, gestures, and actions to depict emotions.
 - Start by acting out a feeling without naming it, like:
 - 😡 **Angry:** Cross your arms, frown, and stamp your foot.
 - 😲 **Surprised:** Cover your mouth and widen your eyes.
 - 😞 **Sad:** Pretend to wipe away tears.
 - 🤗 **Loved:** Hug yourself and smile softly.
 - 😱 **Scared:** Step back and look nervous.
 - 🛌 **Sleepy:** Yawn and rub your eyes.
 - 😄 **Excited:** Jump up and wave your hands.
 - 🤔 **Curious:** Put your finger on your chin and look up thoughtfully.
 - 😜 **Silly:** Giggle and laugh uncontrollably.
 - Use exaggerated facial expressions and body language.
 - Ask the children, "What feeling am I showing?" Smile brightly, clap your hands, and jump up and down. Ask: "What do you think I'm feeling?" Once students guess, confirm: "Yes! That's happy!" and briefly discuss situations where they might feel happy.
 - Once they guess, confirm the correct answer and briefly describe the feeling.
 - Repeat for each emotion in the script.
- Let the Kids Guess & Discuss
 - When a child guesses the feeling correctly, ask follow-up questions like:

- "When do you feel this way?"
 - "What are some things that make you feel happy/sad/angry?"
 - o Encourage children to share personal experiences in a simple way.
- Allow Kids to Act Out Feelings
 - o Once they understand the game, invite volunteers to act out an emotion.
 - o Let classmates guess and discuss their answers.
 - o Rotate so multiple children get a chance to participate.
- Reinforce Learning with Reflection
 - o After the game, discuss why recognizing emotions is important.
 - o Ask questions like:
 - "How does knowing someone's feelings help us?"
 - "What should we do when a friend feels sad or angry?"
 - o Encourage empathy by helping students understand that everyone experiences emotions differently.

3. Additional Tips

- Adapt Based on Student Comfort
 - o For shy students: Let them draw a face showing a feeling instead of acting.
 - o For active learners: Add movement (e.g., "Show me what excitement looks like by jumping in place!").
 - o For verbal learners: Encourage them to describe a time they felt the emotion.
- Use Props for Engagement
 - o Emotion flashcards or masks for children.
 - o A mirror so children can observe their own expressions.
 - o Use simple props like a happy/sad mask, a scarf for dramatic acting, or small cue cards with emotions.
- Encourage Expression Beyond the Game
 - o Suggest that children play this game at home with their families.
 - o Incorporate feelings discussions into daily routines (e.g., "How do you feel today?").
 - o Ask students to teach their family members the game and observe emotions at home.
 - o Suggest that parents encourage kids to express their emotions through storytelling or drawing.
- Tie It Back to Real Life

- Use examples from their school day to help them connect emotions to real situations.
- Example: "Remember when you shared your toy with a friend? How did that make you feel?"

4. Wrap-Up & Takeaway: Celebrate their Participation!

- Praise the children for their effort and enthusiasm.
- Summarize the key takeaway: "Feelings are important, and sharing them helps us understand each other better!"
- Conduct Optional Follow-Up Activity:
 - Ask students to draw a picture of themselves feeling a certain emotion.
 - Have them share their drawings and describe why they chose that feeling.

By playing Feeling Charades, children will not only have fun but also develop essential emotional skills that help them navigate their world with confidence and empathy.

2. Homework

Encouraging children to express their emotions is an essential part of their emotional development. "Express-O-Doodle: My Feelings in Colors" is like a draw-your-feelings activity, it is designed to help young learners reflect on their day and communicate their emotions through art. As they bring their drawings to class, it provides a wonderful opportunity for discussion, helping children identify and share their emotions in a safe and creative way. You can guide them by asking simple questions like, "What colors did you use?" or "Can you tell us about your picture?" This not only builds their self-awareness but also fosters empathy as they learn to understand their classmates' feelings.

Additionally, when parents upload their child's drawing to the LMS, you gain valuable insights into their emotional well-being outside of school, allowing for a more holistic approach to their development. Your encouragement and validation of their artwork will play a significant role in making them feel heard and understood.

How to Guide the Kids

1. Introduce the Activity
 - Explain to students that everyone experiences different emotions every day, and it's okay to feel a mix of them.

- Tell them that they will express their feelings through a drawing and share it with their classmates the next day.
- 2. Encourage Thoughtfulness
 - Ask simple questions like: "What was the best part of your day?", "Was there something that made you feel happy or excited?", "Did anything make you feel a little sad or angry?"
 - Encourage them to think about their emotions before they start drawing.
- 3. Discuss Their Drawings
 - Once students bring their drawings to class, allow them to share their artwork with their peers. Use open-ended questions like, "Tell us about your picture!" or "What colors did you choose and why?"
 - Reinforce that all emotions are valid and that expressing them helps us understand ourselves and others better.
- 4. Validate Their Feelings
 - No matter what they draw, acknowledge and appreciate their effort.
 - Help them associate words with their feelings by saying things like, "It looks like you had a very joyful day!" or "I see that you chose blue—does that mean you felt calm or a little sad?"

Why This Activity Matters? This activity helps children:

1. Understand their emotions better
2. Express themselves in a creative and safe way
3. Build confidence in sharing their feelings
4. Develop empathy by learning about others' emotions

Additional Tips for Teachers

- Use storytelling: Share personal or classroom-related stories to make the topic relatable.
- Encourage participation: Let students express themselves through drawing, acting, or discussion.
- Validate all emotions: Ensure every student feels heard and understood.
- Be patient and observant: Some children may take time to open up about their emotions.
- Promote empathy: Teach students how to support friends when they're feeling down.

Final Words

This video and the accompanying activities will help young learners understand, express, and manage their emotions in a healthy way. As a teacher, your encouragement and guidance will create a safe space where children feel comfortable talking about their feelings. By fostering emotional awareness, we equip children with skills that will help them build positive relationships and navigate life's challenges with confidence.

Thank you for being an essential part of this journey!